

# ANNUAL REPORT

on the

PUBLIC HEALTH AND  
SANITARY CONDITION

of the

Rural Sanitary District  
of Penrith

For the year 1943.

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F. W. GAVIN,

M.D., CH.B.(Edin.), D.P.H.

MEDICAL OFFICER OF HEALTH.

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1944.



MANSION HOUSE

PENRITH,

8th August, 1944.

*To the Chairman and Members of the  
Penrith Rural District Council.*

Mr. Chairman, Miss Dickenson and Members,

I have pleasure in presenting my Annual Report upon the health of the District for the year 1943. In accordance with the instructions of the Ministry of Health contained in Circular 10/44 dated 15th February, 1944, the report is again curtailed on account of war conditions.

The epidemic of Measles during the latter part of the year 1942 continued throughout most of 1943, but ceased at the end of October, and there was one death from this cause.

Cancer was responsible for 21 deaths during the year, and Heart Disease with 36 deaths remained the chief cause of death, and it is to be noted that 20 of these deaths occurred in persons over 75 years of age.

Diphtheria immunisation made further progress during the year and particularly among pre-school age children. Most children attending the village schools have already been immunised. It was estimated at the 31st December, 1943, that 93% of school children and 52% pre-school age children had completed a course of immunising injections.

**Water** :—The small village schemes are working satisfactorily, but the large water undertaking which covers  $\frac{3}{4}$ ths of the district and which is supplied from 4 sources, is causing the Council considerable anxiety, owing to the large increase in milk production and consequent big demand for water for cooling purposes and

washing of byres. In hot, dry weather, the supply becomes intermittent here and there, and in a few cases ceases altogether, the reason being that the use of water for milk cooling purposes increases to a tremendous degree.

It is to be noted that the normal supply of water in this area is equal to about 60 gallons per head of the population, and would always be sufficient for domestic and agricultural purposes—apart from milk cooling.

In conclusion, I wish to express my thanks for the courtesy and help extended to me by the Chairman and Members of the Council, and to the Clerk to the Council and Sanitary Inspector for their co-operation and assistance.

I have the honour to be,

Mr. Chairman, Miss Dickenson and Members,

Your obedient Servant,

F. W. GAVIN,

*Medical Officer of Health.*

# STATISTICS AND SOCIAL CONDITIONS OF THE AREA.

Area of the District (in acres)	.....	.....	.....	.....	181,531
Number of Inhabited Houses	.....	.....	.....	.....	3,173
Rateable Value	.....	.....	.....	.....	£49,158
Sum represented by a Penny Rate	.....	.....	.....	.....	£190 10s. 0d.
Live Births—	Male.		Female.		Total.
Legitimate	83	.....	84	.....	167
Illegitimate	6	.....	5	.....	11
					—
					178
					—
Birth Rate per 1,000 of population	.....	.....	.....	.....	14.77
Birth Rate for England and Wales	.....	.....	.....	.....	16.5
Still Births—	Male.		Female.		Total.
Legitimate	2	.....	2	.....	4
Rate per 1,000 total births	.....	.....	.....	.....	21.97
Deaths—	Male.		Female.		Total.
	72	.....	67	.....	139
Death Rate per 1,000 of population	.....	.....	.....	.....	11.53
Death Rate for England and Wales	.....	.....	.....	.....	12.1
Deaths from Puerperal Causes	.....	.....	.....	.....	1
Maternal Mortality Rate	.....	.....	.....	.....	5.47
Death Rate of Infants under one year—					
All Infants per 1,000 live births.....	.....	.....	.....	.....	67.41
Legitimate Infants per 1,000 live births	.....	.....	.....	.....	61.79
Illegitimate Infants per 1,000 live births	.....	.....	.....	.....	5.61
Infantile Death Rate for England and Wales	.....	.....	.....	.....	49.00
Deaths from Cancer (all ages)	.....	.....	.....	.....	21
Deaths from Measles (all ages)	.....	.....	.....	.....	1
Deaths from Whooping Cough (all ages)	.....	.....	.....	.....	Nil
Deaths from Diarrhoea (under two years of age)	.....	.....	.....	.....	1



## 1943 VITAL STATISTICS.

	Birth Rate.	Crude Death Rate.	Infantile Mortality Rate.
Administrative County of Cumberland	17.4	12.3	48
Urban Districts of Cumberland (including Boroughs of Workington and Whitehaven)	17.6	12.4	48
Rural Districts of Cumberland	17.2	12.3	48
Rural District of Penrith	14.77	11.53	67.41

## SOCIAL CONDITIONS OF THE AREA.

The area of the district is 181,531 acres. The lime works at Flusco, Blencowe, Red Hills, the alabaster works at Little Salkeld, the brick works at Culgaith, and some quarries, are the only local industries, but agricultural work, however, remains the chief source of employment in the district.

There is no form of employment carried on which has a detrimental effect on the health of the workpeople.

## INFANTILE MORTALITY, 1943.

## Net Deaths from Stated Causes at ages under 1 year.

Causes of Death.	Under 1 week	1-2 weeks	2-3 weeks	3-4 weeks	Total under 4 weeks	1-3 months	3-6 months	6-9 months	9-12 mths.	Total under 1 year
Premature Birth .. ..	4	-	-	-	4	-	-	-	-	4
Lobar Pneumonia .. ..	1	-	-	-	1	-	-	-	-	1
Broncho Pneumonia .. ..	-	-	-	-	-	-	-	2	-	2
Measles .. ..	-	-	-	-	-	-	-	1	-	1
Asphyxia .. ..	1	-	-	-	1	-	-	-	-	1
Congenital Heart Disease	-	-	-	-	-	-	1	-	-	1
Spina Bifida .. ..	1	-	-	-	1	-	-	-	-	1
Convulsions .. ..	-	-	1	-	1	-	-	-	-	1
TOTALS .. ..	7	-	1	-	8	-	1	3	-	12

## GENERAL PROVISION OF HEALTH SERVICES IN THE AREA.

The provision of Health Services in the Area is as follows :—

1. The Medical Officer of Health for the Area has a similar appointment with the Urban District Council, and he also acts as Assistant County Medical Officer of Health for the Cumberland County Council. His qualifications are M.D., Ch.B.(Edin.), D.P.H.

The Sanitary Surveyor has a full time appointment. His qualifications are the Diploma of the Royal Sanitary Institute and Diploma as Meat and Food Inspector.

The additional Sanitary Surveyor also has a full time appointment. His qualifications include the Diploma of the Royal Sanitary Institute.

There are also two workmen employed to attend to the water supplies of the area, and two unqualified assistants have been called for service in His Majesty's Armed Forces.

2. With regard to Laboratory facilities and Hospital Services, no changes have been made during the period under review.

## SANITARY CIRCUMSTANCES OF THE AREA.

No action has been taken by the County Council in pursuance of Section 57 of the Local Government Act, 1929, nor has any action been taken under Section 307 or Section 320 of the Public Health Act, 1936.

I am obliged to Mr. J. A. Sedgwick, Sanitary Surveyor, for the following report :—

### Water.

The supervision of the extensive water supply system in this large agricultural area occupies a considerable portion of time available, and, generally speaking, adequate supplies are maintained to all parts of the area. In periods of drought, however, a very severe strain is put on the water resources of the Council, and intermittent shortages occur in various high lying parts of the area.

The Regional Water Scheme, supplying three quarters of the Penrith Rural Area, is capable of supplying 60 gallons per head of the population per day, but in view of the abnormal use of water for milk cooling purposes and washing byres, together with inadequate storage, difficulties occur during the summer months.

To deal with this problem, additional water is required from existing available sources, together with the provision of increased storage to meet the exceptional demand that occurs at two short periods in the day, during cooling times. These matters are now receiving the attention of the Council, and, at the same time, consumers who suffer from intermittent shortage are being advised to instal small storage tanks to enable them to collect sufficient water to tide them over peak demand periods.

The amount of water used for washing cowsheds and dairy utensils is excessive, and I think it would be advisable to meter the flow to each consumer to prevent avoidable waste.

Extensions to the 3 in. mains have been carried out during the year, including a link main from Thomas Close to Hutton End. This extension has had the effect of materially improving the supply in the Hutton End area. A considerable length of 3 in. main has also been laid from Langwathby in the direction of Skirwith.

### **Drainage and Sewerage.**

The question of improved sewerage in many parts of the rural area is one that will need the immediate attention of the Council in post-war years. Proper sewerage systems are urgently needed at Kirkoswald, Skirwith, High Hesket, Skelton and Blencowe.

During the year a sewage pumping plant with modern disposal works has been constructed by the Ministry of Works at Greystoke, and at the present time is dealing with the sewage from the village. These works will, at some later date, be taken over by the Council.

### **Closet Accommodation.**

War conditions have to a certain extent curtailed the conversion of privies to the water carriage system, but this work is still being carried out at a number of premises. In all these cases the sewage has to be dealt with by means of a septic tank owing to the isolated position of the premises and the lack of public sewers,



### **Public Cleansing.**

A regular system of refuse collection is in operation practically over the whole of the area, carried out either by local contractors or directly by the Council. Suitable tips have been provided, capable of dealing with refuse for many years to come.

### **Swimming Baths and Pools.**

There are no public swimming baths in the area, and no privately owned swimming baths or pools are open to the public.

There are school swimming baths at Hunsonby and Culgaith, supplied with water from the Rural District Council's mains. These places are regularly inspected, and frequent changes of water are made during the short time these baths are in use to ensure satisfactory conditions.

### **Eradication of Bed Bugs.**

No action of any kind in respect of bed bugs was necessary during the year.

### **Schools.**

Following a general inspection of all the elementary schools in the area, and informal notices to the Managers concerned, a considerable improvement has been made in sanitary conditions there. Satisfactory conditions prevail in the majority of the schools.

## **INSPECTION AND SUPERVISION OF FOOD.**

There are a large number of persons in this district registered as Milk Producers. The Register is made up as follows :—

Tuberculin Tested	27
Accredited	23
Wholesale only	534
Wholesale and Retail	100
Retail only	143
Butter.....	35



During the period under review 399 samples of milk were taken for analysis, and the results were :—

From Schools :—

Samples taken ..	45
Satisfactory ..	31
Unsatisfactory ..	14

From T.T. Producers :—

Samples taken ..	162
Satisfactory ..	108
Unsatisfactory ..	54

From Accredited Producers :—

Samples taken ..	119
Satisfactory ..	68
Unsatisfactory ..	51

From Ungraded Producers :—

Samples taken ..	63
Satisfactory ..	17
Unsatisfactory ..	46

From Ungraded Producers (T.T. Qualifying) :—

Samples taken ..	8
Satisfactory ..	5
Unsatisfactory ..	3

From Ungraded Producers (Accredited Qualifying) :—

Samples taken ..	2
Satisfactory ..	2

Nine samples were found to be positive for tubercle bacilli from two accredited, three ungraded, and four school producers.

### Inspection and Supervision of Food.

The area is a very large one and of a scattered nature, calling for a lot of time and travelling when inspecting various farms.

The Rural Council now co-operate with the County Council in the collection and analysis of samples of milk. This arrangement is working satisfactorily and has resulted in a more efficient system of sampling.

# PREVALENCE OF, AND CONTROL OVER, INFECTIOUS AND OTHER DISEASES.

A Summary of the Notifiable Diseases (excepting Tuberculosis) is as follows :—

1943—NOTIFIABLE DISEASES (except Tuberculosis).															
Diseases.	AGES.												TOTAL.	Admitted to Isolati'n Hosp.	Deaths.
	-1	1-	2-	3-	4-	5-	10-	15-	20-	35-	45-	65-			
Smallpox .. .. .	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..
Scarlet Fever .. .. .	..	..	..	1	3	15	4	1	..	..	..	..	24	19	..
Diphtheria .. .. .	..	..	..	..	..	..	..	..	2	..	..	..	2	2	..
Paratyphoid B. .. .. .	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..
Bacillary Dysentery Sonne .. .. .	..	..	..	..	..	..	..	1	..	..	1	..	2	..	..
Puerperal Pyrexia .. .. .	..	..	..	..	..	..	..	..	3	1	..	..	4	*3	..
Primary or Influenzal Pneumonia .. .. .	..	..	..	..	..	2	1	..	3	1	4	..	11	..	1
Erysipelas .. .. .	..	..	..	..	..	1	..	..	..	..	2	..	3	1	..
Cerebro-spinal Fever .. .. .	..	..	..	..	..	..	..	..	..	..	..	..	..	..	..
Measles .. .. .	2	3	4	7	6	48	34	9	1	..	1	..	115	..	1
Whooping Cough .. .. .	4	1	1	4	..	12	1	..	..	..	..	..	23	..	..
			*Carlisle		Fever	Hospital	Totals						184	25	2

## Scarlet Fever.

Twenty-four cases were notified in 1943, exactly twice the number in 1942.

Seven cases occurred at Dacre in the Spring of the year and the source of infection was uncertain, but possibly there was some spread of infection at School. Two cases occurred in 3 separate families.

Four cases were notified in one family at Watermillock during June, and a fifth child was found to have a throat swab strongly positive for Haemolytic Streptococci, presumably a carrier condition and the likely source of infection in this household.

At Culgaith in July a baby with ear discharge was found to be a carrier and the probable source of infection of her two sisters.

Neither of these carriers suffered from "Scarlet Fever."

Nineteen cases were removed to the Isolation Hospital and no deaths were recorded.

## Diphtheria.

Three cases were notified in 1943, the same number as in 1942, two were in adult females, one was a very severe case but fortunately recovered after a long illness. Neither of these persons had been immunised.

The third case, a girl of 10 years of age, attending Carlisle County High School, who had been immunised some years previously, was considered to be a carrier and not a true case of clinical diphtheria, and she only made a brief stay in the Isolation Hospital.

### ARTIFICIAL IMMUNISATION AGAINST DIPHTHERIA.

All Schools in the Area were again circularised and the anti-diphtheria campaign advertised as widely as possible. The number of children immunised during the year 1943 were as follows :—

School.	No. of Children Immunised.	
	School Age.	Pre-School Age.
Ousby	1	6
Greystoke	8	12
Croglin	3	3
Renwick	2	9
Ivegill	1	5
Armathwaite	2	6
Kirkoswald	3	7
Lazonby	—	1

School.	No. of Children Immunised.	
	School Age.	Pre-School Age.
Hutton Roof ..	1	6
Castle Sowerby .....	3	5
Hunsonby .....	1	1
Matterdale .....	1	5
Culgaith .....	8	5
Skirwith .....	2	7
Langwathby .....	—	7
Ainstable .....	4	4
Great Salkeld .....	—	3
Melmerby .....	—	2
Newbiggin .....	3	5
High Hesket ..	7	6
Skelton ..	12	19
Mungrisdale .....	5	9
Stainton .....	1	3
Threlkeld ..	12	9
Penruddock ..	4	5
Calthwaite ..	—	4
Dacre ..	1	2
Watermillock ..	3	1
Plumpton .....	1	—
Inglewood School ..	1	3
	—	—
Totals .....	90	160
	—	—

### Bacillary Dysentery (Sonne).

Only two cases were recorded in 1943, both in the same household near Kirkoswald, and the epidemic of the previous year was not repeated.

The source of infection remains a mystery.

### Acute Primary Pneumonia.

There were eleven cases compared with fourteen in 1942, and one death was recorded (two deaths in 1942).

Pneumonia secondary to another disease is not notifiable, and in this connection the Registrar General records a total of four deaths from this disease (8 deaths in 1942). Milder weather conditions were probably responsible for the reduction in this disease during 1943,



### Whooping Cough.

Twenty-three cases were notified in 1943, compared with only three in 1942.

The disease was epidemic in the Edenhall area in the early months of the year, and also at Plumpton and Great Salkeld in April.

The other cases were scattered within the district, and the last case was in September at Hunsonby.

### Measles.

115 cases occurred, compared with 106 cases in 1942. The epidemics at Lazonby and Calthwaite were carried on from 1942 into 1943. There were epidemics at two evacuated Schools—the Lycée Français at Watermillock in February, and the Inglewood Bank School, also in February.

Measles was also epidemic at Low Hesket and Southwaite in May, and at Hutton Roof and Hesket-new-Market in September.

The disease died out early in November.

### TUBERCULOSIS CASES, 1943.

AGES.	New Cases.				Deaths.			
	Respiratory		Non-Respir-		Respiratory		Non-Respir-	
	M	F	M	F	M	F	M	F
To One year ...	—	—	—	—	—	—	—	—
1 to 5 years ...	—	—	—	—	—	—	—	—
5 to 15 „ ...	—	—	1	—	—	—	—	—
15 to 25 „ ...	1	3	—	—	2	—	—	—
25 to 35 „ ...	—	2	—	1	—	—	—	—
35 to 45 „ ...	—	—	1	—	—	1	—	—
45 to 55 „ ...	—	2	—	—	1	—	—	—
55 to 65 „ ...	—	—	—	—	—	—	—	—
65 and upwards ...	—	—	—	—	—	—	—	—
TOTALS ...	1	7	2	1	3	1	—	—

No action has been necessary in respect of tuberculosis amongst persons employed in the milk trade, or under Section 172 of the Public Health Act, 1936, relating to the compulsory removal to hospital of persons suffering from tuberculosis.

The total number of cases on the register at 31st December, 1943, is 38, an increase of 4 as compared with the number at the end of 1942.

11 new cases were added to the register in 1943, and 7 of these were transferred from other areas.

There were four deaths from tuberculosis, and of these one occurred at Garlands Mental Hospital, one was a discharged soldier who came to this area in 1942, and another death was an evacuee.

Number of cases on the register at the end of the year is 38, viz. :—

Males.		Females.	
Pulmonary	Non-pulmonary.	Pulmonary	Non-pulmonary.
8	..... 7	20	..... 3

### CANCER MORTALITY.

The deaths from this disease have increased from 10 in 1942 to 20 in 1943—ten males and ten females.

The cases are as follows :—

Uterus :—F, 39 yrs. ; F, 27 yrs.

Breast :—M, 77 yrs.

Liver :—F, 76 yrs.

Prostate :—M, 64 yrs.

Oesophagus :—F, 52 yrs.

Colon :—M, 67 yrs. ; F, 78 yrs.

Stomach :—M, 76 yrs. ; M, 75 yrs. ; F, 86 yrs.

Pancreas :—F, 72 yrs. ; F, 76 yrs.

Rectum :—F, 63 yrs. ; M, 71 yrs. ; M, 76 yrs. ; M, 47 yrs. ;  
M, 77 yrs. ; F, 78 yrs. ; M, 73 yrs.

The average age at death was  $67\frac{1}{2}$  years.

# CAUSES OF DEATHS AS GIVEN BY THE REGISTRAR-GENERAL.

	Males.	Females	Total.
Respiratory Tubercle .....	3	1	4
Influenza .....	5	5	10
Measles .....	—	1	1
Cancer of Buccal Cavity and Uterus .....	—	2	2
Cancer of Stomach and Duodenum .....	2	1	3
Cancer of Breast .....	1	—	1
Cancer of all other Sites .....	7	8	15
Diabetes .....	—	1	1
Intracranial Vascular Lesions .....	7	4	11
Heart Disease .....	18	18	36
Other Diseases of the Circulatory System .....	5	4	9
Bronchitis .....	4	2	6
Pneumonia.....	1	3	4
Other Respiratory Diseases .....	2	2	4
Ulcer of Stomach or Duodenum .....	1	1	2
Diarrhoea, under 2 years .....	1	—	1
Other Digestive Diseases .....	—	3	3
Nephritis .....	1	2	3
Puerperal and Post-abortion Sepsis .....	—	1	1
Premature Birth .....	3	1	4
Congenital Malformation, Birth Injury, Infantile Diseases .....	3	—	3
Suicide .....	2	—	2
Road Traffic Accidents .....	2	1	3
Other Violent Causes .....	1	1	2
All Other Causes .....	3	5	8
	<hr/>	<hr/>	<hr/>
Totals .....	72	67	139
	<hr/>	<hr/>	<hr/>

